

RECIPE BINDER INSTRUCTIONS

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The cover for your binder can be any nice paper. You can print or draw your own design on cardstock, use scrapbook paper as I did or even use wrapping paper. If you don't have a notebook with an insertable cover you can glue your paper right on the front of a regular notebook. Though covering it with clear contact paper might be a good idea.

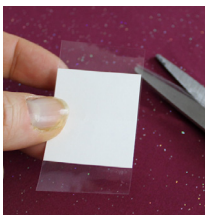
BASIC ITEMS NEEDED



Three Ring Binder with insertable front slot on cover.
White cardstock. At least 7 sheets depending on the number of categories you have. I kept mine simple.
Sheet protectors for divider page sheets and recipes.
Colored paper for front insert of binder.
Packing tape for covering divider tabs if you make them.
Glue for adding RECIPE label to front.
Clothespins for holding recipes.
To stick clothespins to cupboards use removable Command mounting strips.
Thin cutable magnet sheets can be used for metal cupboards if desired.



ASSEMBLE



Print all the pages in the pdf if you are using them. There are blanks should you want to write up your own titles. After cutting out divider tabs crease on the dotted center line for easy folding. Use packing tape and lay each tab face down on a strip. Trim sides of tape close but leave 1/3" of tape on bottom and top of tab for affixing to divider pages.

Insert the page dividers into sheet protectors with opening on bottom. Affix each tab onto the side or top of the protector carefully aligning. Print out your own recipes to insert into more page protectors and assemble your book. You can attach your conversion chart in the book itself or on a cupboard door.



RECIPE HOLDER CLOTHESPINS

These are great for putting on a cupboards to hold a recipe while your making it. I have metal cupboards so I used thin magnets on the back of mine. You can easily affix one or two to any type of cupboards with removable Command Mounting Strips.

Decorate the clothespins however you like. I used leftover paper from my book cover and also matching ribbon. Get creative!



You will find some of our healthy recipes to get you started at this web address. Each recipe can be printed direct from our site!
<http://ourpeacefulplanet.com/recipes>


Sandwiches	Desserts & Treats	Casseroles	Soups & Beans	Main Dishes
Beverages				

LABEL TO CUT OUT FOR
FRONT OF YOUR BINDER

RECIPES

Conversion Chart

1/8 cup	1 oz	1 TB	3 tsp
1/4 cup	2 oz	4 TB	
1/3 cup	3 oz	5 TB	
1/2 cup	4 oz	8 TB	
2/3 cup	5 oz	11 TB	
3/4 cup	6 oz	12 TB	
1 cup	8 oz	16 TB	1/2 pint
2 cups			1 pint
4 cups			1 quart
2 pints			1 quart
4 quarts			1 gallon

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Desserts & Treats

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Beverages

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Main Dishes

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Soups & Beans

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Casseroles

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Sandwiches

